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The Following Table provides a comparison of various dietary supplement formulas which are advocated by various researchers and manufacturers for Down's syndrome. Compared to each other and to the RDA, the RNI, the average dietary intake of vitamins in the UK, and to the Harrel (Megavitamin) formula.

Euro-TNS is the latest addition and is formulated in the UK in collaboration with the DSRF, we do not sell the product.

Disclaimer: Medical researchers should verify this data for before using it. Parents should seek the support of their doctor if they intend to use any of these therapies.

Ingredients	EURO-TNS Adult dose	MSB+	NutriVene D	Warner House Hap-Caps Amount per 4 capsules	RDA USA (UK) Minimum Daily intake Very safe dose rate to prevent illness	UK RNI's Average Reference Nutrient Intake for children 4 months to 4 years.	UK The average adult diet provides Men (Women)	Megavitamins (Harrel)
Vit. A (from dry fish oils)	3000 iu	3000 iu	3000 iu	0	3000 iu (2664iu)	1200 iu	6000 iu (5300) iu	15000
Vit. A (from Beta carotene) Safe form of Vit A. is Beta carotene	6000 iu	6000 iu	5000 iu	8000 iu	2000 iu			
Vit. B1 (Thiamin HCl)	45 mg	45 mg	55 mg	25 mg	1.5 mg (1.4 mg)	0.3 mg	1.9 (1.56) mg	300 mg
Vit. B2 (Riboflavin)	45 mg	45 mg	45 mg	25 mg	1.7 mg (1.6 mg)	0.5 mg	2.24 (1.89) mg	200 mg
Vit. B3 (Niacin 56mg ...)	125 mg	125 mg	125 mg	25 mg	20 mg (18 mg)	5 mg	42 (31) mg	750 mg
Vit. B5 (Calcium Pantothenate)	150 mg	150 mg	45 mg	100 mg	10 mg (6 mg)		5.1 (5.1) mg	450 mg
Vit. B6 (Pyridoxine)	45 mg	45 mg	35 mg	25 mg	2 mg (2 mg)	0.4 mg	2.6 (3.5) mg	350 mg
Vit. B12 (Cyanocobalamin)	100 mcg	100 mg	90 mg	5 mg	6 mcg (1 mcg)	0.4 mcg	7.7 (5.9) mcg	
Paba (Para -aminobenzoic acid)	75 mg	75 mg	75 mg	0	***			
Biotin	200 mcg	120 mcg	200 mcg	100 mg	*** (150 mcg)			
Folic acid	1 mg	1 mg	1.5 mg	200 mcg	400 mcg (200 mcg)		332 (224) mcg	400 mcg
Inosital	75 mg	75 mg	75 mg	20 mg	***			
Vit. C (mixed mineral....)	600 mg	600 mg	1000 mg	400 mg	*** (60 mg)	26 mg	77.9 (81.8) mg	
Bioflavonoids	180 mg	0	0	0	***			
Vit. D3 (from dry fish oils)	60 iu	120 iu	75 iu	132 iu	400 iu (200iu)	7.4 mcg		300 iu
Vit. E (d-alpha..)	600 iu	200 iu	400 iu	132 iu	30 iu (15 iu)	3.75 iu	8.3(8.3) mg	600 iu
Zinc	15 mg	6.3 mg	10 mg	100 mcg	15 mg (15 mg)	4.8 mg	11.7 (8.7) mg	30 mg

Iron	ZERO	2.7 mg	ZERO	20 mg	18 mg (14 mg)	6.7 mg	14.5 (12.9) mg	7.5 mg
Selenium	120 mcg	50 mcg	45 mcg	30 mcg	***	12 mcg	25 to 130 mcg	
Chromium	100 mcg	100 mcg	75 mcg	30 mcg	***			
Magnesium	180 mg	180 mg	150 mg	100 mg	400 mg (300 mg)	75 mg	336 (250) mg	300 mg
Manganese	1 mg	180 mg	1.5 mg	500 mcg	***		4.6 to 5.4 mg	3 mg
Molybdenum	80 mcg	2.7 mg	75 mcg	300 mcg	***			
Iodine	9 mcg	9 mcg	7 mcg	0	150 mcg (150 mcg)	63 mg	251 (184) mcg	144 mcg
Potassium	30 mg	29.7 mg	15 mg	20 mg	***	765 mg	3.3 (2.6) mg	
Copper	0	0	0	160 mcg	2 mg	0.33 mg	1.82 (1.31) mg	1.75 mg
L-Methionine	150 mg	150 mg	50 mg	0	***			
L-Cysteine	75 mg	75 mg	0	0	***			
L-Ornithine	75 mg	75 mg	100 mg	0	***			
L-Taurine	200 mg	200 mg	200 mg	16 mg	***			
L-Proline	100 mg	100 mg	100 mg	0	***			
L-Serine	200 mg	200 mg	150 mg	0	***			
L-Phenylalanine	75 mg	75 mg	0	0	***			
Lysine	75 mg	0	0	0	***			
Alpha-ketoglutaric acid	500 mg	1000 mg	500 mg	0	***			
Acetyl- L- carnitine	500 mg	50 mg	45 mg	0	***			
Lipoic acid	80 mg	5 mg	45 mg	0	***			
Coenzyme Q10	25 mg	0	0	0	***			
Glutamic acid HCL	30 mg	30 mg	0	0	***			
Choline Dihydrogenate Citrate	100 mg	325 mg	800 mg	0	***			
DMAE (dimethylaminoethanol)	100 mg	100 mg	0	0	***			
Glutathion	75 mg	75 mg	150 mg	0	***			
Grape seed (Vitaflaven)	5 mg	0	0	0	***			
Bilberry extract	10 mg	0	0	0	***			
Betain HCL	0	30 mg	60 mg	7.2 mg	***			
Bromelain	0	4.5 mg	5 mg	0	***			
Papain	0	4.5 mg	5 mg	7.2 mg	***			
L-Citrolin	0	0	70 mg	0	***			
L-Histidine	0	0	25 mg	0	***			
L-Tryptophan	0	0	50 mg	0	***			
Pancreatic Enzymes	0	30 mg	50 mg	0	***			
Pancreatin	0	0	0	11.2 mg	***			
Glutermine	0	0	0	300 mg				
Ox bile	0	0	0	15 mg	***			
Tyrosine	0	0	0	440 mg	***			
Quertin Bioflavinoid	0	0	0	24 mg	***			
Night Time Supplement Taken before bedtime without food								
L-Serine	0	250 mg	0	0	***			
L-Ornithine	0	150 mg	150 mg	0	***			
L-Tryptophan	0	250 mg	125 mg	0	***			
Vit. B6	0	25 mg	2.5 mg	0	***			

RDA = Recommended Daily Allowance USA (UK)

*** = No Established RDA